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JUDO

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THE BUDOKWAI
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TWO SHILLINGS

THE BUDOKWAI,

Founded 1918.

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1949

F. V. Brooking

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CLUB NEWS

"G.K.," Sixth Dan.

We announce a stop-press event of great importance to the Budokwai. A certificate has been received from the Kodokan, Tokyo, promoting from Fourth to Sixth Dan, Mr. Gunji Koizumi, the Founder of the Budokwai. The certificate, dated October 24th, 1948, speaks of the long and untiring study necessary to reach this high rank, Shihan (teacher or professorship), which appears only when this grade is attained.

The certificate has been sent on to us by Mr. Masami Takasaki, a leading figure at the Kodokan to-day, who visited the Budokwai in 1933 with Dr. Kano, and to whom we owe a debt of gratitude for sponsoring this promotion. In an accompanying letter to Mr. Koizumi he says that such a double promotion is most unusual, and goes on: "The fact that this has been done will show how I and the Kodokan regard your achievements in the realm of Judo."

This signal recognition from the headquarters of Judo in Japan is a great tribute to thirty years unremitting service to Judo through the Budokwai by its Founder.

Bulletin News.

The Bulletin has been growing steadily in size and has now reached 40 pages, a level which, with the continued co-operation of contributors, it is hoped to maintain. Extra length means, however, extra cost, and in order that the Magazine may still be self-supporting the price will be raised to 2s. 6d. a copy from April next. It is believed that members will gladly pay the slightly higher price for a larger and, we hope, better Bulletin.

The first four numbers of the Bulletin (April, 1945, to January, 1946) appeared in neo-styled form and very limited quantities, and stocks have long since been exhausted. There is, however, a constant demand from students of Judo and others interested in the literature on the subject both in this country and abroad, and the principal articles from these four numbers have now been reprinted in a single book, which can be obtained from the Budokwai (price 2s. 6d.). The book includes the first instalments of Mr. E. J. Harrison's articles on "The Kiai in Japanese Martial Arts" and "Famous Judo Masters I Have Known," which are continued in the first printed number which appeared in April, 1946. The new edition also includes a portrait of Mr. Yukio Tani, the famous "Pocket Hercules" of the early 1900's, who was closely associated with G.K. in the early development of the Budokwai. Portraits of G.K. himself and of the late Prof. Jigoro Kano appear in the special Anniversary number of April, 1948, of which a few copies are still available (price 5s.,—4s. to affiliated clubs).

Judo Training in Royal Marines.

It is understood that Judo is now part of the official training of the Royal Marines. Senior Members of the Budokwai have been kept busy grading them, as the Grading List shows. All who have seen them have been most impressed by the hard work and enthusiasm

put into the training, and the Budokwai is most anxious to help to the fullest extent that resources allow.

NEWS FROM ABROAD.

The Netherlands Judo and Jui-Jitsu Association held its first Display at the end of October, and M. Schutte reports that it was a great success. M. G. Verrier, champion of France, went to Holland for a fortnight and was a tremendous help, while a French team consisting of M. Bonet-Maury, M. G. de Jarmy, M. J. Laglaine and M. R. Godet, was present at the Display and gave a demonstration of Jui-Jitsu and helped with the grading. Unfortunately, no member of the Budokwai was able to be present.

The Netherlands Association has also started a quarterly Bulletin. The first number appeared in October in neo-styled form but with a promise of something more ambitious to follow. It contained many interesting contributions, including one by M. de Jarmy on the status of amateurs and professionals in France; "Hints for Beginners," by Mr. T. P. Leggett; and "Conscious Action," by Mr. Koizumi (translated from our own Bulletin). We wish our new contemporary the best of luck for the future.

M. Ietter writes: "Judo in France is really extending and on Saturday I went to Marseilles to see a wonderful exhibition of our noble art starring M. Kawaishi, 7th DAN., M. de Herdt, Beaujean, Levannier and some more black belts, in total, a dozen of them. It was M. Zin who organised the display, given in a big theatre on the stage. There was a huge crowd there and no seats were left. The show included several katas, one of them done in slow motion, very hard to do especially for shoulder throws. There was also a championship between the Antibes and Nice teams. Antibes won easily. M. Kawaishi with his white and red belt, gave a display of self defence and made a Kata with M. de Herdt and twice he used the offensive Kiai and the effect was really terrific!!"

Mr. Bob Smith, of the Chicago Judo Club, writes:—

"Right off I want to say that I believe your Bulletin to be the best effort in any language save the Japanese in the world. Moreover, your School—from reputation—is the best of its kind outside of Japan. We here in the United States mean to give you active competition on this point however. A recent letter from the Kodokwan to Miss Gardner, our Secretary, disclosed the fact that over four hundred allied occupation personnel are studying at their schools in Japan; that should be encouraging to us all. Whereas your G.K. has always been one of those who maintained that randori alone would not make the finished Judo-ka, that nage-no-kata and other esoteric facets exemplifying the philosophical aspects of the art must be reckoned with, our school's chief weakness is in this direction. Randori has been emphasised too much."

Mr. E. J. Harrison's Siamese pen friend, Mr. Somsak, has been graded 3rd DAN by the Kodakan, and deserves hearty congratulations on a fine achievement.

Mr. D. Rae (address, Cotham Road, P.O. Moseley, Natal) writes that the first grading contests have just been held at his

Durban club before a crowded audience. He is also in touch with a Judo club at Grahamstown, founded by a Mr. Newell (who was graded 1st DAN in New York), where there are members in the 1st KYU grade who cannot at present be awarded Black Belts owing to the lack of anyone competent to grade them. Mr. Rae anticipates that this problem will be facing his own club in about two years time.

Mr. A. Jenner, writing from Johannesburg, South Africa, says that one has great need for Judo in a young country. He sends a diagram of the type of person by whom one might expect to be attacked, marking the strong and weak points, and asking for advice. We have done our best in " Questions and Answers " (see p. 40).

Mr. P. Clark and Mr. W. Toulson are trying hard to start a Judo circle in Luanshya, Northern Rhodesia. They have two spare jackets, " but nobody wants to join us—they maintain, very wrongly, that Rugby and boxing are more gentle than the Gentle Art."

NEWS FROM THE COUNTRY.

Country Cousin has started a Judo club at the Newbury Community Centre, in Berkshire, with eight mattresses taped together and covered with a rick cloth ! When congratulated on this promising offspring, he replied that while motherhood is a matter of certainty, fatherhood is often a matter of conjecture. He wrote to G.K. : " Flopping about on the floor with you, feeling like an inebriated sea-lion, I did not think I was learning anything. However, when up against beginners I feel faintly surprised at finding I do know quite a lot from their point of view." Tell us more ! We want to hear all about it.

THE JUDO FELLOWSHIP.

The Judo Fellowship is a new Directory Service which has been started to help scattered Judo enthusiasts to keep in touch with each other and ascertain the whereabouts of the nearest Judo centre in any area in which they may find themselves. Its main function is to serve as a central bureau where information as to the whereabouts of the nearest Judoka or Judo club can readily be obtained. The annual subscription of 2s. 6d. covers the inclusion in the Register of your name, address and Judo grade, and the supply of detailed directory information as often as required. The Registrar is Mr. C. Jacobs at the Budokwai.

JUDO FILM.

The film forecast in the July number was duly made last summer. It shows all the principal Judo throws, groundwork, breakfalls and all the katas practised at the Budokwai, as well as randori. The film is still under revision, but will shortly be on hire to affiliated clubs. Particulars will be circulated later.

KATAS : ILLUSTRATED INSTRUCTIONS.

We are lucky enough to have secured some Japanese diagrams illustrating Katame-kata and Nage-no-kata. These diagrams give a series of pictures of every movement in the kata, with the Japanese and English titles. Each kata is illustrated on a single sheet measuring approximately 12 in. by 24 in., which could be put up

on the wall of the Dojo for easy reference. They can be supplied at 2s. 6d. a sheet (or 3s. including postage and packing).

INTERNATIONAL YEAR BOOK.

The French editors have asked us to explain to Judoka ordering the Year Book that the price (£1 1s. 0d.) does not include postage from France, which costs a further 3s. Orders may be placed and payment made through the Budokwai.

ANNUAL DISPLAY.

The Annual Display will be held on the 21st March, 1949, at the Seymour Hall. It is hoped to invite teams from other countries to take part. Tickets and other particulars will be available at the Budokwai by the 1st March, 1949, but not before.

POLYTECHNIC JUDO CLASSES.

Judo classes have been started at the Isleworth Polytechnic, with Mr. Jenkin of the Budokwai as instructor. Men, Friday evenings ; women, Tuesday evenings.

VACATION SCHOOLS.

There is a new idea about Judo Vacation Schools. If a local Judo club or other group of enthusiasts will organise the school, the Budokwai will try to supply teachers. All inquiries to Mr. F. Kauert, c/o The Budokwai. Plans are already being made for a vacation school at Blackpool next summer, while the Leeds Branch of the Council for Physical Recreation have suggested one at Leeds at Easter.

The London Summer School will be held at the Imperial College Union (Prince Consort Road, South Kensington) from 11th to 21st July. Rooms will be obtainable at the Union's residential hostel for 9s. a night or 5s. for students—one month's notice is required. (The charge does not include board.)

SPRING GRADINGS.

At the Budokwai, 14th and 16th March, 1949, at 7 p.m., Ladies, 15th March. Grading card and fee of 1s., to the Secretary by 7th March. Queries (and stamped addressed envelope) to Mr. F. Kauert, c/o The Budokwai.

(*Contributions for the April Bulletin should reach the Editor by the beginning of March.*)

NON-RESISTANCE

In the study of Judo non-resistance is the main tactical principle. You yield to the opponent's force as you are pushed or pulled, for, by so doing not only do you neutralize the effect of the opponent's effort and minimize expenditure of your energy but you are more able to sustain your balance than by resisting, while weakening the opponent's balance. Also it is the way of accepting things as they come and turning them to your advantage. On this very fact the art came to be known as Ju-Jutsu (gentle art) or Judo (way of gentleness).

The principle as stated may sound simple enough and clear enough for anyone to understand and follow in action, but to be non-resisting when attacked and to keep a correct balanced posture under rapidly changing circumstances requires as high a degree of trained subtleness as the fingers of a musician.

To resist against force is an instinctive reaction for a man, the act of self-preservation for security and independence. This instinctive reaction may serve its purpose in matters of a simple nature, but experience has stimulated man to develop systems or tactics for higher efficiency in the use of the limited human power, in the struggle for survival, especially in the combative arts and in military tactics. Ju-Jutsu is one. However, on the high way of progress, man, gathering facts and gaining deeper understanding of natural laws, accelerated by the distant-killing inventions, has widened his vision and broadened his ideas. Although men still cannot halt the inertia of the collective movement of the past, individually every one knows now that the principle of "conquest by force" or "might is right" is no longer a solution for human problems. Like all other things, jungle laws and tribal laws have had their accredited time and space of usefulness. This is the era of ideological or technical controversy for things to come, unity of all men against other life elements. Following this general trend, the art of Ju-Jutsu has been evolved into Judo, the principles of which, if applied correctly, can be a valuable contribution in promoting a new era or the conditions of life desired by man and God.

The conflicts of life are similar to a Judo SHIAI (trial match). They are not the end in itself but the means of test by which progress is measured and solutions are found to problems. At the present stage of human evolution, the law of cause and effect and action and reaction related to emotion and the senses plays a very important part in the behaviour of man. Therefore to find solutions to human problems it is essential to take these factors into consideration.

The emotional and sensual reactions are fundamentally instinctive, and often influenced by malformed traditional and prejudiced thoughts. Following the course of study applied to instinctive physical reactions, they should be analysed and dissected, to segregate the natural from the artificial, to discern the real cause and nature of the irritants, before a solution is evolved. The effect of a solution to human problems should not be merely temporary or immediate but for a long term, aimed at the ultimate object or in accordance with the basic urge of life itself—peace, happiness and contentment. The rational functioning of such mental processes is possible only when the principles of non-resistance and balance are observed.

Manifestation of the art of Judo, like the art of life, is the attaining of a harmonious combination of opposite factors, push and pull, strength and weakness, attack and defence, not the mere fact of defeating an opponent. Art indeed! An aesthetic accomplishment is the basis of human culture, a progressive step for a man to rise

from the stage of technical utility. However, they may appear, opposites or duality is the law of the universe, essential components of life or facets of one reality. One does not exist without the other, as Judo cannot be manifested without an opponent.

Thus Judo training on the principle of non-resistance and balance promotes the mental process which leads to a deeper understanding of natural laws and the way of solving human problems, independent of the forces and ideologies brought to bear upon us to-day.

G. K.

JUDO IN ITALY

By G. Scala.

C.O.N.I., the organisation governing all the important sports in Italy, each year gives financial aid to the different sports.

Last year, 1948, the sum of 1,200,000 lire was given to be shared by the Judo clubs of Italy.

F.I.A.P. is a branch of C.O.N.I., and governs such sports as Weight Lifting, Greco Romano and Free Style Wrestling. Until very recently this body also controlled Judo. But now, after much discussion, Judo has gained the distinction of becoming independent of F.I.A.P. and is responsible directly to C.O.N.I.

All the Italian Judo clubs wear the same badge, although these are made in three different colours, as follows: Green and Gold, Referee; Black and Gold, Instructor or Professionals; Red and Gold, other Judoka. At present there are only two belts in Italian Judo. A Black Belt is worn by instructors and professionals, etc., and a Red Belt by others below these grades. Every six months or so courses are held for the training of instructors and referees. These courses last about two months, although this depends largely on the pupils' ability. The course is followed by an examination, and success is rewarded by a teaching or refereeing diploma. These final examinations are held by a committee of seven members of the Commissione Tecnica, consisting of President, Secretary, two Advisors and three Specialists. All three of these specialists are either instructors or referees themselves. The courses, besides the intensive Judo training, cover such subjects as general anatomy, history of Judo, and ability to teach or referee.

Contests. Before all contests opponents are medically examined and weighed. The weigh-in is very important, as in the event of a draw the verdict is given to the lighter man. The weight classes in Italian Judo are as follows :—

Bantam weight	.. ..	Under 54	kgs.
Feather ,,	.. ..	,, 59½	,,
Light ,,	.. ..	,, 66½	,,
Middle ,,	.. ..	,, 74	,,
L. Heavy ,,	.. ..	,, 82	,,
Heavy ,,	.. ..	Above 82	,,

Present at the contests are the referee, two judges at the ring side and a jury consisting of a doctor, timekeeper and contest president. Each Judoka is allowed one second in his corner to assist him. The two judges at the ring side are there for the sole purpose of keeping a check on the points scored in case the referee should lose count of the score and wish to consult them. The referee's decision is always final and he is always a member of a neutral club.

Scoring. One point is given for a throw. One point is given for a hold down. Contests are of three 3-minute rounds with an interval of one minute between each round for novices, and three 5-minute rounds with an interval of two minutes between each round for contests between instructors and professionals, etc. The man with the most points at the end of the three rounds is declared the winner. Should the points be equal the lighter man wins. In the event of one man tapping to submit from a lock, strangle, choke, etc., the contest is terminated in favour of his opponent.

In Rome alone there are at least six Judo clubs. Lanciana (where the championships were held this year) has two clubs. Faenza has one club, and Bari (where the championships of 1949 are to be held) also has one.

Palermo, Milan, Venice and Pescara have applied for permission from C.O.N.I. to open Judo clubs and are shortly to be visited by members of the Commission. If they find that sufficient interest is shown towards Judo in these places, there is no doubt that permission will be given and clubs will soon be under way.

Individual championships are held each year in the respective weight classes, and the National Trophies won become club property for one year. A medal and diploma presented to the winners become their own personal property.

Great things are being planned for 1949. Just a few of these are a National Inter-Squad Trophy, Individual, Regional and National Championships.

Travelling expenses for these Championships and the prizes for national events are supplied by C.O.N.I.

Signor Romolo Stacconi, President of the " Commissione Tecnica Lotta Giapponese " and himself a leading light in Roman Judo circles, was very interested to hear of our system of grading here in England, and said he thought Italian Judo would benefit greatly by its adoption. More than anything else, however, he is waiting for the day when an international set of rules is in use in all countries.

PRONUNCIATION OF JUDO TERMS

By E. J. Harrison.

" Transliteration " in linguistics means the system of conveying as nearly as possible by means of one set of letters or characters the pronunciation of the words in languages written and printed

in a totally different script. Although, of course, the term may be applied to, let us say, a transcription in Latin letters of Hebrew, Greek, or the Slavonic languages written in the Cyrillic alphabet, yet it is more generally associated with the rendering in Latin letters of Chinese, Japanese and any other Eastern tongue lacking an alphabet and relying solely on so-called ideographs for conveyance of the written and printed word to paper. The Japanese *Hiragana* and *Katakana* are not strictly speaking alphabets but syllabaries and are therefore equally subject to transliteration. The only exception is *n* final, which has a syllable to itself.

Thanks to the pioneer efforts of such famous scholars as Sir Edward Satow, Basil Hall Chamberlain, Captain Brinkley, E. M. Hobart-Hampden, J. H. Gubbins, Eastlake and others, this system has been almost perfected in relation to Japanese, and nowadays virtually every Japanese schoolboy is familiar with the word " Rōmaji " (literally the Roman letters) and is aware that these letters are now used for transliteration of the Japanese spoken language (*zokugo*) when this is being taught to foreigners who have neither the time nor inclination to memorise thousands of ideographs indispensable to the study of the literary language with its profusion of Sinico-Japanese forms or *kango*.

Non-Japanese Judoka generally and members of our Budokwai more particularly are interested in the transliteration into Latin letters of Judo terminology. Hitherto, judging by our quarterly bulletin and sundry textbooks on the art in English, we seem to be committed to the practice of duality, i.e., praiseworthy efforts have been made to supply an English rendering for the original Japanese nomenclature of " *te* " or " tricks ". At the same time, unless I am greatly mistaken, there is a growing tendency among our own members to use the Japanese terms in preference to the not infrequently clumsier and less terse English equivalents. It is in this connexion and on this assumption that I am moved to offer a few elementary hints on the correct pronunciation of the Japanese expressions.

For persons possessing some knowledge of a continental tongue a more or less correct pronunciation of the vowels is not as a rule very difficult. Thus *a* is like *a* in *father*, but shorter ; *ai* diphthong like *ai* in *aisle; au* like *ow* in *cow; e* like *e* in *pen ; ei* diphthong like *ei* in *vein ; i* like *i* in *machine ; o* like *o* in *tobacco ;* ō like *o* in *over* but more sonorous ; *ou* like *ou* in *though ; u* like *u* in *put ;* ū resembles *u* in *rude ; y* as in English.

Bearing the foregoing simple rules in mind, the Judo tyro should be able to avoid the crude error of pronouncing, say, *kake* as " cake " instead of as a word of two syllables, or the Japanese place name Hakone (pronounced " Hak-oh-neh ") as a word of two syllables, viz., " Hak-wun " (!).

While on the subject of vowel sounds, it should be borne in mind that the *i* and *u* are frequently almost mute and therefore

unaccented. Thus a familiar Judo term *tsukuri* should be pronounced not as a word of three but two syllables, viz., " tskuri ". Similarly *tsuku-koto* (under *atemi* classification) is sounded more as " tsku-koto " with the first *u* almost silent. So too in *uchitsukeru-koto* (under *nage-waza* classification) the second *u* is short. Also in *sutemi* the *u* is virtually elided. *Kwansetsu-waza* is pronounced " kansets-waza ". Other examples could be cited, but the foregoing must suffice. Generally in careful Rōmaji transliteration the *short u* is written " ŭ ".

Instances of the short *i* occur less frequently in Judo nomenclature, and so I shall limit examples to the following: *Hidari-shizentai* and *hidari-mae-sumi*, which is the Tokyo dialect sound almost like " shdari-shizentai " and " shdari-mae-sumi "; and *hiki-komi-gaeshi*, pronounced " shki-komingaeshi ". The Japanese word *hito* (man, human being, etc.) sounds like " shtoh ".

Among the consonants *g* should be carefully noted. Thus in the body of a word and in the particle *ga*, it has the sound of *ng* in *king*; at the beginning of a word and in words formed by reduplication, such as *goro-goro*, *gata-gata*, etc., *g* has the hard sound of *g* in *goat*. Applying this rule to Judo, we get for *chūgaeri* the sound " chūngaeri "; for *haraigoshi*, " haraingoshi "; for *seoinage* (so often in our own publication wrongly transliterated as " seoenage " or even " seoyenage ") the sound " seoinange "; for *kataguruma*, " katanguruma "; for *hizaguruma*, "hizanguruma "; for *ukigoshi*, " ukingoshi "; for *sumigaeshi*, " sumingaeshi "; for *yokogake*, " yokongake "; for *osotogari*, " ohsotongari "; for *ōgoshi*, " ohngoshi "; for *hanegoshi*, " hanengoshi "; for *tawaragaeshi*, " tawarangaeshi "; for *kouchigari*, " kouchingari "; for *ashiguruma*, " ashinguruma "; for *ōsotoguruma*, " ohsotonguruma ", etc.

In *newaza* or groundwork, *kami-shiho-gatame* sounds like " kami-shihongatame ", and analogously in other combined words ending in " gatame " or " garami " (e.g. *udegarami*, pronounced " udengarami "). *Udehijigi* sound like " udehijingi ". Remember again that the vowel *e* is never silent and is pronounced like *e* in *pen* (see above).

The only other consonant calling for comment is *n*. When followed by ch, d, n, r, e, s, t, or z, it is pronounced as in English. When followed by f, h, w, or g, it nearly resembles French terminal *n*; when followed by *g* or *k*, it is pronounced like *ng* in *king*.

JUDO

(*Continued from the last Bulletin.*)

Te-Waza (Hand Throws.)

Daisharin	(Great Wheel).
Seoe-Otoshi	(Shoulder Drop).
Te-Hiza-Guruma	(Hand Knee Wheel).

Daisharin (Great Wheel).

This is rather an unusual throw and the opening for it does not

occur often. It is therefore seldom seen in randori or contest. However, it is a terrific throw and very effective against anyone who tries to strike at your head.

Assuming your opponent moves towards you, aiming a blow at your head or shoulder, or stretches out his right arm to your left shoulder, you should then raise your hands to meet the opponent's oncoming wrist, the back of your hands turned towards your own face, and grip the wrist from the inside with both your hands (Fig. 1). At the same time pivoting on your right toes, turn your body to your left, drawing your left foot to the back of your right foot. As you turn, you should keep your arms stretched out and describe the largest circle you can downwards with your hands. The opponent then will make a complete somersault through the air (Fig. 2), landing heavily on his back. The effect of your action on the opponent should be like swinging a weight on the end of a string. If the curve of your action is larger than the circle you can describe, the opponent will remain on his toes ; if the circular movement is too small, he will remain on his feet.

Beginners are advised not to practise this throw, for it is not only too difficult to get the required co-ordination of action, but too dangerous for an opponent who is not skilled in breakfalls.

Successive Attack. Shoulder throw or trip throw.
Defence. Drop your body by bending your knees.
Counter throw. YOKO-GURUMA (Side wheel).

SEOE-OTOSHI (Shoulder Drop).

This throw differs from SEOE-NAGE or shoulder throw only by the movement of the legs. Instead of drawing your left foot to the side of your right, draw it deeply to the back of the opponent, between the opponent's legs or outside his left leg, and kneel on the ground on the left knee (Fig. 3). If you happen to move your left foot first instead of the right, as described in SEOE-NAGE, drop your right knee to the ground.

This is a very spectacular and decisive throw, but the danger is that when you are not skilful you are likely to throw the opponent

FIG. 1.

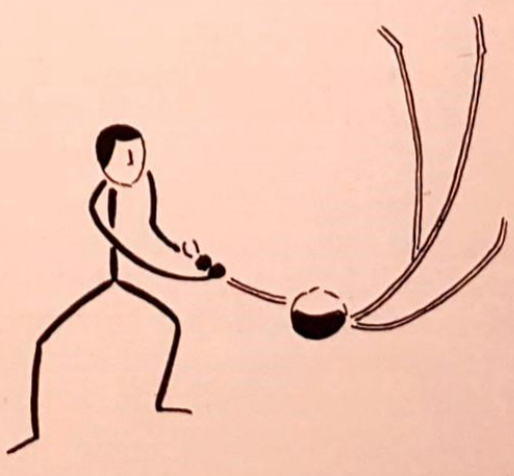


FIG. 2.

FIG. 3.

FIG. 4.

on his shoulder. As the opponent is thrown you should straighten the trunk of your body and give him a lift.

TE-HIZA-GURUMA (Hand Knee Wheel).

This is not a pretty throw, but quite useful when the opponent is defensive, particularly by moving his body backward.

Dive forward, advancing your left foot, as a goat charges against its enemy, and press the crown of your head firmly against the front of the opponent's right shoulder. At the same time pull the opponent's right arm with your left hand, in such a way as to lock the two bodies together, while you reach out your right hand forward and apply it to the outer side of the opponent's right knee. Contacted thus, you should move the whole of your body forward, pushing the opponent with your head and pulling his knee to your right (Fig. 4). The opponent will then be thrown to his right back.

Successive Attack. According to the opponent's reaction you can apply a shoulder throw—SEOE-NAGE or KATA-GURUMA—or a hip throw.

Defence. Bend your body forward by moving back your hips.

Counter throws. Stomach throw can be applied at an early stage of the attack ; at a later stage a side body throw.

(*To be continued.*) G.K.

JUDO AND THE MIND OF MAN

By L. H. EWELS.

How often have we heard the phrase " Mind over Matter " ? Have we ever paused to analyse it ? Some assume the mind to be a function of the brain, and the consciousness to be comparable with the magnetic field that surrounds an electric current, in other words —merely dependent on the brain neurons—particles of matter. If this be so, one thing is certain—mind can never dominate matter.

Judoka however know, or should know, better. The high art of Judo teaches us that mind most certainly *can* control matter.

Apart from its supreme value as a means of self-defence, Judo has something much more constructive to offer us.

Now some of you are probably thinking "Good Judo is automatic", "An expert throw cannot be adequately described, it is too fast and subtle". "It is mainly subconscious". Yes, indeed, so let us stop a moment to consider what we know about the mind.

The mind of man is dual. That is to say, it has two distinct phases, a conscious and a subconscious one. In our normal waking life we use the conscious mind. Our five physical senses, seeing, hearing, feeling, tasting, and smelling, are all recipients of physical impressions which they convey to our conscious mind via the brain, and we act thereon according to our reason. Now, the reasoning process of the conscious mind is "inductive" or capable of analysing an effect and tracing it back to its cause. The mind of the scientist works inductively. Bearing these points in mind, let us turn to the subconscious aspect of mind. This phase of the dual mind can only reason deductively, that is, when given a condition or cause, it can only reason forward to a future effect. Thus it is not directly affected by the will. This part of the mind functions whether one is awake or asleep, and is quite independent of the brain. It controls the "involuntary" organs and muscles such as the heart, lungs, kidneys, sweat glands, etc. Let us imagine an example of the two aspects of mind at work.

We will suppose that you attend the annual dinner, and a dish is put in front of you which looks, and smells delicious. Your conscious mind thinks (inductively) "What is it? What is it made of? How was it made? Where did it come from?" Your subconscious mind, having had the sight and smell images *passed* to it, thinks (deductively) "It smells good. It looks good. I shall enjoy that. I will eat it," and the gastric juices and saliva are released involuntarily. What is the point here? Just this. There was a time when such a sight and such a smell would not have tempted you, but your conscious mind had first tackled the problem of your eating a similar looking and similar smelling dish which you had subsequently enjoyed. A certain number of similar practices then caused a habit to form until you did not hesitate to eat that kind of meal. What is habit? Simply the passing of a conscious idea into the subsconscious mind, which then acts upon it automatically. You will yourself to start walking, then continue automatically.

Thus it is with Judo. By conscious analytical reason, the pupil applies the master's instruction. He carefully avoids opposing force with force. He endeavours always to keep his body balanced when in motion. He directs the opponent's movement to the latter's detriment. He attacks his opponent's weakness of balance and leverage. He maintains controlled relaxation. If he practises diligently under the watchful eye of the master, these difficult conscious efforts become habits, and pass into the sub-conscious aspect of the dual mind.

Once in this realm, provided errors have not also been allowed to become habits, the effect of Judo becomes miraculous to the uninitiated. Speed is phenomenal. "Strength" appears magical. The two bodies act as one, except that they do not both win the bout! Why is all this?

What our art of Judo is trying to teach us is that when Universal truths, such as balance of voluntary conscious mind, balance of body, constructive use of force, etc., are presented to the subconscious part of man's mind, then mind can indeed control matter.

The whole of life, from the cradle to the grave, is one chain of attempts to achieve control over matter. Do you remember how, as a child, you sweated and struggled to tie a boot-lace? You also struggled to walk, talk, control a pencil, ride a bicycle, perhaps handle a typewriter, a piano, tools, implements of sport, to dance, and so on *ad infinitum*. As each conscious effort passed with practice into the sub-conscious field of habit, where no questions were asked, you succeeded.

Thus we see that the sub-conscious phase of mind has potential ability to do anything whatsoever, but it must first be trained by the conscious phase with its five physical senses and analytical, scientific reasoning during waking life.

Before concluding, let us mention sleep. Has not everyone, at some time, fallen asleep for a few moments (say on a train, or in a chair), and dreamt a whole adventure? This should prove—to each individual personally—that the mind which acts during sleep can transcend both space and time. This part of the mind then is not limited to the bounds of matter, and when outside the time concept (time being only a generally accepted idea), cannot die. It is from this realm that comes the phenomenal speed of pure Judo. Similarly, from the sub-conscious mind, artists and musicians have often received their inspirations in sudden flashes, and their conscious mind has the task of interpreting these flashes in terms of space and time, that is, as pictures or sound vibrations accordingly, and giving them orderly shape (space) and time order, or sequence. Out of chaos into order, darkness into light.

We can now begin to see the reason for living in the physical world. The body and brain with five physical senses give the ability to reason inductively, to ask questions about the cause of things, to realise things as separate from oneself and thus to become self-conscious. From this stage, the human being has to learn to carry these self-conscious powers, with their accompanying free will, into the realm of sub-conscious, but as yet un-self-conscious eternity.

Judo shows us one of those methods, or paths, whereby we can bridge the gap between the two aspects of the dual mind. When the mind of man achieves this Unity of the Duality, birth and death will no longer be necessary to man's evolution.

TAI-OTOSHI

By M. HASHIMOTO (8th DAN)

Translated from the Japanese by I. MORRIS.

[TRANSLATOR'S NOTE.—*The following description of Tai-Otoshi is a translation of the first in a series of articles dealing with the throw which appeared in the Kodokan Bulletin. M. Hashimoto, the Author, is a Tai-Otoshi specialist.*—I.M.]

Before explaining the trick there are two or three points which must without fail be studied by beginners aiming at improving their technique. For the purpose of acquiring correct technique the most important point is posture. When the posture is bad, a light, easy action is quite impossible. Accordingly, while attacking your opponent good opportunities are easily lost, and his own attacks tend to become difficult to evade skilfully. Therefore, if your posture is bad no matter how much you practise you can never acquire the correct technique. As everyone knows, for light, easy movement the natural posture is the best. Whether you are attacking or whether you are defending, the natural posture is the most advantageous. Beginners must strive at all times to practise in natural posture, because if the habit of bad posture has started from the beginning of training, it is not very easy to put right afterwards. Next, beginners in ordinary practice have a tendency to focus their attention on their opponents' chests, for instance, or on their stomachs or feet. In this way posture becomes bad. It is wrong to have the level of the eyes too high, neither is it good to have it too low. The best way of using the eyes is to look as if at a tall, distant tree standing on a broad plain, not staring at any fixed spot, not using the eyes consciously, having the level of your eyes not high and not low, then they will mirror all that is in your field of vision [*i.e.*, like the mirror they will reflect everything in their field without emphasis on any one point]*. In this way posture becomes naturally good.

Then, again, beginners try to gain an advantage by tightly gripping their opponent's jacket, making it impossible to break his balance skilfully and also preventing free movement. For this reason take care to hold lightly and gently. At the moment of applying the throwing technique it is most important that the opponent should be in a completely broken posture. When breaking his balance it is important that he should not anticipate the purpose of your action. Do not reveal your ability too openly.

Whether your opponent is pushing or pulling you, you will be unable to break his balance by merely using the strength of your arms. By not deliberately using strength, by lightly and easily changing position and making full possible use of your opponent's force, his posture will crumble naturally. Furthermore, he won't be even slightly aware that he is falling into danger himself.

Also in the case where the opponent is induced to put himself in an unbalanced posture as a consequence of your own movement,

(**Inserted for clarification.*—I.M.)

if the above precautions are taken this is an ideal way of breaking balance.

When breaking your opponent's balance the points just mentioned must not be forgotten.

And, then, beginners are rather prone to neglect breakfalling, the thorough practice of which will not only save you from injury no matter how your opponent throws you, but will also enable a naturally stiff way of moving to become a light and easy one. Persons skilled in breakfalling are generally also skilled in the technique of the throw as well as in KATA. As breakfalling is such a vitally important foundation, beginners must never fail to practise it at all times.

In this edition one of the hand throws, TAI-OTOSHI, will be explained. This throw is one of the most frequently used in both randori and contests. Though the knack of this trick is very difficult to grasp, it is an extremely good one. Three cases in which TAI-OTOSHI may be applied will be outlined below.

The first, when both are holding in right natural posture, the opponent stepping forward with his right foot. The second, both holding in right natural posture, with the opponent moving to his right side with his right foot. Thirdly, both holding in natural or right natural posture, when the opponent has withdrawn his right foot to the rear.

To begin with, the first will be explained.

Both hold in right natural posture, your opponent is stepping forward with his right foot and you are holding his jacket lightly. Without deliberately putting force into your arms, step your left leg around to the rear, turning your body rather sideways. At the moment your opponent's right foot touches the mat extend your right foot slantingly backwards and to the right, having previously moved the left foot. Then at the same time draw him around and slightly downwards with your left hand at his outer middle sleeve, thereby bringing his centre of gravity over the little toe side of his right foot and completely breaking his posture. At that moment step your right foot to the outside of your opponent's right foot, crossing his ankle with the outside of your own, then with your right hand at his left collar force him in the direction of his right back corner and, with your left hand holding his right outer middle sleeve, draw him firmly around and down to your left side, so throwing him with the momentum.

When applying the throw beginners have a tendency to put too much force into their arms when breaking their opponent's balance. For that reason the opponent is immediately forewarned when TAI-OTOSHI is attempted. Consequently, in order to move to your opponent's disadvantage do not put too much strength into your arms. Then, your opponent having stepped forward with his right foot, you must take care that your body is turned somewhat sideways and your left foot is withdrawn well around to the rear.

Then, taking special care not to pull with your left hand, as a consequence of your change of position your opponent is deceived into letting his body weight come over his right foot, and his balance is broken before he can feel any apprehension. If the initial withdrawing movement of your left leg is not performed correctly, not only will you be unable to break your opponent's balance, but the stretching back of the right leg which follows the action of the left cannot be done with its proper effectiveness. At the time of applying the throw beginners have a tendency to step in too deeply with the right leg. If you step in too deeply your own leg will become an obstacle to the throw and will also enable the opponent to regain his balance from even a completely broken posture, so the extent to which the right leg is extended must be thoroughly studied. Then the heel of the extended foot must not be raised from the mat. If it is raised, the necessary hand movements in throwing the opponent become difficult to perform. The action of the hands is of primary importance in this throw. Beginners often pull with the right hand instead of pressing. Never fail to press, pulling is ineffectual. In this case, using the heel of your right hand, press against your opponent's left collar bone in a rather downwards direction. This movement becomes easy to do if you put your body weight behind it, but care must be taken to perform it in this manner.

The throw just described is an excellent one and, though its finer points are very difficult to grasp, by thoroughly studying the details stated above and practising them repeatedly, making reasonable use also of your own resourcefulness, the knack of this throw is by no means hard to master.

BUSMAN'S HOLIDAY

Manchester, Leeds, Kettering, Coventry are not found on the list of holiday resorts, but as a good Judoka, or a busman, on the principle of non-resistance, I yielded to the force of habit. In the afternoon of the 24th September, I found myself at Manchester station to be met by D. B. Jones of Manchester University Judo Club, who guided me through busy cloggy back streets to the H.Q. of the Y.M.C.A., where, under the care of S. Weaver, a new Judo Club has been developing since last Easter. That evening I was to stage a demonstration at the meeting of various sports sections of that organisation. It was arranged for I. Stevenson to help me, but he was laid up unfortunately, with the after-effect of a "stomach throw" which he had on his Irish holiday. So I enlisted the help of his friend, D. B. Jones. After a demonstration and a talk on the basic theory and principle of Judo, I was asked by a member of the audience to invite them to come on the mat, saying there was a man who wished to try. Duly, a young man who stood well over six feet, of athletic build, stood up and took off his coat. Judging by his

demeanour that he would be a good match for Jones who is 2nd Kyu and of about equal build, I handed the man to him. Some one behind me then whispered: "He is a professional wrestler and sceptical of Judo." The man was certainly aggressive from the start, vigorously attacking Jones with a kind of OSOTO-GARI, like an excited bull. But Jones was undisturbed, countered twice with OSOTO-GARI. Then, after quietly taking stock of the wrestler, he brought off a smashing OSOTO-GARI. The wrestler was tough; he clung on to Jones. Jones applied a neck lock but could not overcome the wrestler's powerful arms. Apprehensive of the bout developing into "All-in," I called "Time." The wrestler went off the mat panting with an expression of a defeated man on his face.

The following afternoon, in their spacious gymnasium, mats were laid out. To give practice to each of 21 young enthusiasts within a limited time of 2 hours was hard going. Some had to be content with only 2 minutes. The grading contests which followed were encouraging. Some showed promising style.

The idea of extending my escape from London was in my adventurous mind. On Sunday morning the day after my task ended in Manchester with a pleasant evening at a music hall show, I was on the train headed for Holyhead. At Colwyn Bay, I. Stevenson, with his father, met me at the station and drove me in his car out of the well-groomed holiday town and deposited me at a wooded retreat, Penn Court Hotel, up on the hillside of Old Colwyn. My trust in his selection was well rewarded. The grey stone building skirted with a balcony stood in a steeply rising garden, rich with trees and shrubs, protected from the east wind by further rising hills. The windows of the lounge and dining room facing to the west were open to the views of mountains far and near, ending with the graceful curve of Colwyn Bay which stretched to Llandudno. A colourful sunset and the night lights of the promenade were settings for the romance of fairyland. Nine days of wandering amongst the windswept mountains of North Wales, with the thoughtful care of Mrs. Jones, the proprietress of the hotel, was a real holiday. Visits to Stevenson at his home on the summit of a mile's steep climbing, and a member from Judokwai days, Ex-Sergeant-Major Kerr at Llandudno, added joy to the stay.

The 11th October was a day when I looked forward to meeting again, after nearly 20 years, J. Broadbent, who was once the captain of Oxford University team against Cambridge. Time has marched on. He is now a vicar in Leeds. He organised a sports night for his parish youth and wanted to fill part of it with Judo. At the station we recognised each other with complimentary remarks of "you have not changed much." With the help of the vicar and the members of Leeds University Judo Club a demonstration was given to a very enthusiastic audience, many of whom were not old enough to be conscious of their responsibilities for the future. There I was glad to be greeted by some of those who attended the last

Summer School and to learn that they have started a Judo class of their own.

After a day's rest at Harrogate with bath and massage, I broke my journey at Kettering, to grade the members of the Kettering and District Judo Club. This is a young Club, fostered by M. W. Sumpter, with an active membership of about 20, including some ladies. The contests were spirited and showed marked enthusiasm. The evening passed too quickly to satisfy their thirst for instruction.

On the trip to Coventry on the 23rd November, I was accompanied by F. P. Kauert, C. Grant and I. Stevenson. A display and a match between the Coventry Technical College Judo Club and Birmingham Athletic Institute Judo Club (eight in each team), were arranged to be held at the College Theatre. The theatre was 800 full including in the audience the Mayor and Mayoress, Councillors, the Chief Constable and his Deputy. The display worked smoothly under the organisation of the Secretary, E. P. Hipwell. The match was a draw. There was a good response to the invitation to the audience. About twelve came up to the stage and enjoyed their turn with Grant, Stevenson and Jago of Birmingham, a new 1st Dan, in which the audience heartily joined.

I returned from my holiday impressed by the common difficulties from which all the provincial clubs are suffering, lack of suitable premises and equipment, and instruction above all. Nevertheless there were very encouraging signs of a rising tide of Judo-mindedness.

As I finished writing this, I had a telephone call from Capt. Lumsden of the Commandokwai, Plymouth, asking me to go there to grade the unit just completing its Judo training. While I was still speaking on the telephone I heard a cynical voice behind me saying " Another holiday ! " G. K.

(*I thought of reporting fuller details of grading and contests but I felt the disapproving glance of the Editor and thought of her merciless blue pencil* !—G.K.)

BETTER JUDO

By Dr. M. Feldenkrais.

(*Continued from last Bulletin.*)

Readers who have not read Mr. Leggett's article in the October issue of this Bulletin do not know what they have missed. Anyone interested in Judo would derive great benefit from following his clear-cut instructions which have stood the severe test of long experience. Some Judo enthusiasts, who are already counting their second thousandth hip throw, asked the following pertinent questions. If we go on practising and repeating a movement as often as we are advised, in the present state of our skill, when we know that our performance is far from being perfect, are we not going to perpetuate our faults ? They are bound to become so deeply rooted that we will

never be able to perform the movement really properly. Bad habits being so difficult to get rid of, how can we know that we are doing the right thing ?

" Better Judo " has been trying to give some fundamental principles that should enable anyone to answer such questions. The concrete answer to these questions is : hold your body so that the throw you perform forces air out of your lungs without hindrance, and without having to make a conscious effort, or change of body position and attitude. By trying a movement slowly, examining oneself, until one complies with the above rule, one finds that the movement does not produce contraction of the muscles of the shoulders, neck and chest, and one may be sure that the worst faults are eliminated. Further practice can only improve your performance ; the reason for this assurance is explained by what follows.

The next important test for correct performance consists in checking the reversibility of the movement. A correct movement is so performed that one can stop at any instant and return to the initial position without holding one's breath, and the body, in general, complying with the preceding rule.

Why these rules ? Because we call a movement correct when it is performed with the minimum possible expenditure of energy. To be able to judge that we do not waste energy, that is, that we do not produce unnecessary movements and effort during the act, we must, when this is not so, be either told by somebody who knows or be able to " feel " in our own body when we are off the mark. Now how do we feel these things ?

The muscular tissue as well as the nervous tissues have the following property. The smallest change or difference from the present state that we can detect depends on the intensity of the stimulus, in our case the weight to be lifted. Thus, we cannot tell whether there is a letter in a book when we lift it, but we have no difficulty in telling that an envelope contains more than one sheet of paper simply by picking it up. Different people can feel greater or smaller increments of weight. Most people can detect from a 1/40th to 1/20th of the weight lifted, that is, if such an amount is added or subtracted from the weight lifted they become aware of the change through the muscular sense of effort alone.

In abstract terms we say that the smallest change in sensation that we can detect is always a given fraction of the sensation in question at that moment. But sensations being a subjective affair and difficult to measure, it is usual to refer to the agent that causes the sensation, *i.e.*, stimulus. The well-known general law, applicable to all our senses, is then : the smallest change in sensation detectable is always a given fraction of the stimulus. But the correct wording is of little importance to us here ; the main thing is to understand that, when we make a big effort, we cannot " feel " any small

reduction or increase; there must be a large difference before we become aware of it.

Now let us see what all this has to do with the rules we have given above. When the body is held so that the Kake expels air from the lungs freely, it is vertically aligned and the bones carry most of the weight of the trunk and the head. The extensors, that is, the muscles that extend the joints and maintain us standing, are as little contracted as possible. We can, therefore, sense very slight extra efforts, we feel strain, and we are led to change our position until the extra effort disappears. We assume a new position in which the muscular effort is smaller than before and we become capable thereby of feeling even slighter imperfections. We cannot but go on improving.

We can understand now why Butsukari practice is normally more beneficial to advanced students who already have a rudimentary feeling of correct movements. They produce the movement with reduced effort and their progress is assured. Beginners, however, would waste a lot of time erring around the correct performance. But by knowing what they are after and the means whereby to reach their goal, practice is at once made more beneficial and more entertaining.

ANNIVERSARY DINNER

A memorable year in the history of the Club was rounded off with the Anniversary Dinner on the 3rd December, 1948, at " Chez Auguste," Old Compton Street. To members of the Budokwai the thirty years of the Club's existence are summed up in the initials " G.K.," and in recognition of that thirty years, which has included the establishment of Judo in this country and of the Budokwai as the leading centre of Judo in Europe, G.K. was presented with a large silver loving cup, in which the company afterwards enthusiastically and ceremoniously drank his health, a watch and a cheque.

The toast " The Founder " was proposed by Mr. J. G. Barnes, who told us how as a boy G.K. had set out from Japan to reach America across the Atlantic, going round most of the world to get there, to avoid the restrictions on immigration from the Pacific Coast. Travelling round the world with no money takes time, but wherever he was forced to stay, in the Korea, in Shanghai and in Singapore, he got in touch with the local teachers of Judo and devoted all his spare time to studying the art. He finally reached England in 1906, and we may count ourselves fortunate that at this point money ran out again completely, so that he was forced to spend a year here before continuing his journey, though it is difficult to imagine what his feelings can have been when he accepted a post in a Jui-Jitsu *correspondence* school. Perhaps it was owing to some natural reaction that when about this time he had occasion to apply katsu (for the first time) to a wrestler who clung on when thrown, his opponent jumped three feet in the air. But he must

PRESENTATION to "G.K."

have felt that there was something to be said for this country for, although he achieved his ambition of reaching America in 1907, he was back here again in 1910, learning about lacquer from a book (a subject in which he is now one of the leading experts). During the First World War he served in the Ambulance Section of the National Guard, and in 1918 came the founding of the Budokwai. From then onwards the life story of G.K. becomes the history of the Club.

The toast was seconded by Mr. E. J. Harrison, who said that the achievement of G.K. might be measured by the fact that grade for grade the standards of the Budokwai could stand comparison with those of the Kodokan. If the famous Japanese masters of the past could be here now they would join in the tribute to G.K.

G.K., in responding to the toast, said that a good teacher should be able to produce pupils better than himself, but he had not so far been able to produce any very high grades, with the exception of Mr. Leggett, and had especially failed to produce any millionaires, who would have been so useful when it came to building up a Building Fund. The great lesson of Judo was that we must strive for perfection in all things as we strive on the mat. The world needed this lesson to-day, and that was why Judo was spreading all over the world. It taught something more than physical enjoyment—a

balanced outlook and spiritual serenity, which we so badly needed. This balanced outlook was the secret of health, both physical and spiritual. It could be attained through training on the mat, provided the Judo ideal was kept free from materialism.

Mr. T. P. Leggett, proposing the toast of "The Budokwai," said that Judo demanded mental as well as physical progress, and the pupil could never catch up with the teacher. It took a long time before the pupil could know what he owed to his teacher. He himself had seen all the older members of the Club from "the worm's eye view" and was now most grateful to them. At the Budokwai the pupil enjoyed the most careful teaching from the earliest stage, whereas in a Japanese dojo he normally had to pick up what he could without help for some years before his teacher took an interest in him.

Other speakers included Mr. H. H. Tricker, former Secretary of the Budokwai, who concentrated on getting the loving cup into circulation; the Editor, who said that the measure of G.K. could be seen by comparing the progress of Judo here with other European countries where they had no G.K.; Mr. Stevenson, who thanked G.K. on behalf of the affiliated clubs for "many arduous hours both on the mat and in the train"; Mr. Chew, who recalled the moving ovation given to G.K. at Blackpool by 5,000 airmen; Mr. Kaye, who on the same occasion had been led by his nose, in a dressing room underneath the circus, to discover that he was sharing it with five elephants; Mr. Kauert, who struck the note "so much to do, so little time to do it in"; Mr. S. F. Bell, who recalled the early days of the Ealing Judo Club when it had been a strong supporter of the Budokwai; Mr. Dominy, who, speaking as Treasurer, pointed out that nothing could give G.K. greater pleasure than individual efforts to increase the Building Fund; Mr. van de Bruggen (from Holland), who congratulated G.K. on behalf of Dutch Judoka; and Mr. Sekine, who passed on to his wife the invitation to make a speech (an act about which she seemed to feel strongly). Mrs. Sekine's graceful wish of a long and happy future for the Club and for her father brought a most successful evening to a fitting close.

E. R.-S.

FAMILY AFFAIRS

South London Judo Society.

"The last three months have been very busy ones at South London. In addition to the premises having been completely repainted by the members and the fulfilment of League fixtures by the club's two teams, ten demonstrations have been given.

"On Saturday, 28th August, E. Dominy, C. Payne, B. Clarkson, W. Godden and G. Bennett gave an open-air show at a Fête at Petts Wood, Kent, and continued to prove the versatility of Judoka by Bennett, Dominy and Payne, finishing 1st, 2nd and 3rd, in that order, in the 100 yards race which followed. Dominy and Payne then collected another first each and Payne another second. At

that stage the club team decided to leave before they became unpopular. In September, G. Chew, E. Dominy and John Chaplin went to Aldershot to demonstrate to officers of the Airborne Forces and the P.T. Corps. On 18th September, a South London team, consisting of E. Dominy, J. Chaplin, C. Payne and W. Godden, took part in a contest against a Budokwai team as part of a show given by the Osram Judokwai. Later in the programme, David King and Billy Green gave a junior demonstration contest.

"Lambeth Borough Civic Week" saw the club giving two open-air demonstrations in Vauxhall Park. On the Thursday evening, 23rd September, G. Chew, F. P. Kauert, Charlie Grant and J. Chaplin gave a short show, whilst on the Saturday, 25th September, Kata by Kauert, Grant and Chew, with demonstrations by Dominy, Chaplin, Green, Casey, King, Robertshaw, Miss K. Haggith and Miss G. Henderson were supported by a match between Lambeth and the Rest of London, which was narrowly won by Lambeth.

"October opened with E. Dominy and Brian Clerkson, supported by W. Green and P. Casey, visiting Child's Hill for a show to the Boys' Brigade. On 21st and 22nd October, Dominy went to Bickleigh Camp, Plymouth, to grade and instruct the R.M. Commandos. Dominy and Clarkson also went to Finchley on 3rd November to give a demonstration to St. Mary's Club.

"The newly formed Polytechnic Judo Club, founded by A. J. Moore and other members of South London, was the scene of a demonstration by John Chaplin, Tony Harrington and Pony Moore on 18th November. The Judo was part of a full programme of athletic activities at the Regent Street Polytechnic.

"The Official Re-opening of the club after its reconstruction took place on 24th November, and somehow 150 guests managed to find room round the mats, over 80 seated. Amongst these guests we were honoured by the presence of G.K., Trevor Leggett, E. J. Harrison, Miss E. Russell-Smith, Miss Mary Hobbs and officers of the R.A.F. and police. The R.A.F. representatives were present in connection with a scheme which is under discussion for South London to undertake the training of officers in Judo. G.K. congratulated the founders on the wonderful spirit instilled into the Club and mentioned that the South London Dojo was now the finest in the country. The programme included all the usual Kata by G.K., Charlie Grant, Ian Morris and George Chew supported by contests between Eric Dominy, and Grant, Billy Green and David

King and Miss K. Haggith and Miss G. Henderson. All contests were refereed by T. P. Leggett. A gold badge engraved with the symbol of the Budokwai was presented to G.K. on behalf of members of South London by Billy Green, who is the club's oldest member as well as almost the youngest in age, to mark the 30th anniversary of the founding of the Budokwai by Mr. Koizumi in 1918. This obviously came as a complete surprise to G.K. who appeared deeply touched. Later Trevor Leggett presented medals to the members of the South London team who won the National Judo Tournament for 1948. Refreshments were served to all the spectators during the interval and to those taking part after the show in the dressing room. The club wishes to take this opportunity of thanking, not only those who took part and assisted in the organisation but also the ladies who managed to cater for 175 people. Thank you also, Ken Worth, who attended and supplied enough ices for all despite the fact that he broke his ankle in practice only four days previously.

" Our club canteen which operates on all Monday, Wednesday and Friday evenings, to the delight of visiting League teams, is now actually situated in the club itself, taking over the secretary's office at eight o'clock. The ladies in charge are Mrs. Chew, Mrs. Gunn, Mrs. Blackburn and Mrs. Dominy, who incidentally make most of the cakes themselves.

" The London County Council now recognises South London as its official club and instructors are supplied to its various institutes each week. George Chew, Eric Dominy and John Chaplin are enrolled on the official list of instructors in athletic activities. As well as adding to the club's already high prestige this has the added advantage of providing the club with premises for demonstrations to which it is desired to admit audiences of over the 150 which can be handled at St. Oswald's Place.

" Bob Scala (1st Kyu) arrived back from Italy on November 22nd, practising on the same evening, just in time to receive his National Judo Tournament medal from the hands of Trevor Leggett and also in time to practise hard for the next grading which will have been held by the time this Bulletin appears. Mr. Koizumi will act as judge as usual. The whole club welcomes Bob back and wish our three Brown Belts, Bob Scala, John Chaplin and Wally Coltham best of luck in their endeavours to attain Dan Grade."

" KYU."

IMPERIAL COLLEGE JUDO CLUB.

" After the long ' vacation ' (so they call it) the club struggled to life and a few members gave a hastily improvised demonstration with the result that we now have about twenty reliable newcomers—among whom we are pleased to welcome Thane—a blue belt— and a half-dozen survivors of examinations from last year. Twelve pairs all trying to practise was too much for our mat so we have expanded our dojo by buying the disused equipment of Harrow School. Thus

well equipped we look forward to an interesting and successful year with P. Sekine still as our instructor.

"Clubs like ours which meet for only thirty weeks in the year find fixtures in the Judo League coming fast and furiously one upon the other during term times but we shall find our way around, and meet the other teams even though our team be not all it might be—being 'selected' all too often from those few who can spare the time. At the time of writing we are about third from the bottom—but it might be worse—and it's no good taking such troubles to G.K. for he only smiles so sweetly and says it's good experience. We are looking for matches for our novices—friendly practices more than anything—so if you have any members of the same standard (about a dozen weeks' training once or twice a week) we will welcome you on our fixture list."

HYLTON GREEN.

UNIVERSITY OF LONDON CLUB.

"The University of London Judo Club has once again come to life and now consists of about fifteen members from University College, one from Northampton Engineering College and ten from Shoreditch Training College.

"On July 8th we held an inter-college contest between Imperial, University and Shoreditch. As Mr. Koizumi honoured us with his wonderful demonstrations of the 'art' of Judo the chief aim of the gathering was not the contests but a serious study of technique. Owing to the small size of the hall we were only able to invite a few personal friends and they were very impressed, especially the girl Mr. Koizumi was teaching and the two volunteers who tried their luck on Charley Grant. Unfortunately some of the students in the audience being unaware of the innate toughness of 'black belts' complained to me afterwards about the rough treatment meted out to I. Morris. But I allayed their fears by explaining that 'black belts' can take all the throws on concrete without batting an eyelid.

"I think that with the good start the 'Budokwai' have given us, the club will now progress and expand."

J. W. SQUIRE.

JUDOKWAI—BRISTOL.

Mr. J. T. Fleming and Mr. R. Uzzell of the Bristol Judokwai called at the Budokwai on the 29th November, complete with packs *en route* for New Zealand and both succeeded in being graded to 3rd Kyu by Percy Sekine at a special grading. All members wished them "Bon Voyage" and the best of luck. They intend starting a club as soon as they can on arriving there.

KATHO-RYU JUDO CLUB.

"The Katho-Ryu Judo Club has extended its activities to the local Y.M.C.A., with the view of stimulating the youth of the association "to have a go," and also to mitigate the financial shock

of the recently acquired mat. So far there has been nothing but open-mouthed amazement at the six judoka performing upon the mats.

" The writer was privileged to meet, for a few flying moments, an outstanding judoka in the person of Shaw Desmond, when he was in our locality. Mr. Desmond kindly autographed a copy of the 30th Anniversary Judo Bulletin, thereby adding to its intrinsic value.

" Our local newspaper gave us a ' write-up '. The article could have been most illuminating, but the reporter tied it up with the ' free style ' wrestling bouts being held in the town.

" We hope to share again acquaintance with judoka at the December gradings."

K. R. Thorp.

Kettering and District Judo Club.

" Had a good crowd on re-opening night, and enrolled twenty-five new members ; more newcomers keep coming along every week. Although Self Defence attracted them at first, we have managed to lure them away from this, and have now converted them to Judo.

" G.K. visited us a few weeks ago, and no words of mine can explain the pleasure we all obtained from his visit. I think his ground work *more* than surprised us all. He put us all through our paces, and after 2½ hrs. he still looked as fresh as a daisy ! Hope to see him up here again in the future.

" One of our members is a ' catch ' wrestler, and when he'd learnt his breakfalls we suggested he'd like to match his style against Judo. It was decided to let him have two bouts with our only two yellow belts. I'm pleased to say that both our 5th Kyus emerged victorious, the score in each case being 5 points to nil. We sometimes practise blindfold randori by way of a change (*both* opponents being blindfolded), and my only comment is that some of us do much better when we cannot see than when we can.

" Had a visit from two Judokas, one was from King's College, and the other from Merseyside Judo Club. We were very pleased to see them, and invite any other Judoka who passes this way. (Please note Dojo hours on back cover.)

" To date, we have three lady members (and hope for more !)."

" 13th Kyu."

Manchester Y.M.C.A. Judo Club.

" We are sorry to announce that our founder, Mr. S. Weaver, has left us owing to having taken up residence in Cleveleys, near Blackpool, where I believe he will try to get yet another club

started, so we all wish him the best of luck, and maybe our loss is somebody else's gain.

"Since the last Bulletin we were invited to give a display at Whitefield for their Youth Week, and were given a very good reception.

"Our club is well on it's feet now, and all visitors from other clubs are always welcome." H. BLONDON.

THE COMMANDOKWAI.

"During August, Fred Kauert paid a visit to the Commandokwai for the purpose of grading two specialist classes undergoing Judo instructions, i.e., P.T.I.s, and Night Vision Specialists. The results were very good, mainly due to the many tips, demonstrations and the knowledge that Fred was able to impart. After having eaten us out of Mess for a week, taken a few photographs and seen a little of Plymouth, Fred departed whence he came, presumably to get something fit and substantial to eat. Thank you for coming, Fred, from one and all and we hope you will pay us another visit soon.

"For the next two weeks or so, we concentrated our efforts towards shaping another class for grading, and were duly visited by Eric Dominy for this purpose, who, after taking on the class one at a time, plus a few more odd "bods," and myself, graded the class to their satisfaction, and then gave a demonstration to a dozen Belgian Commandos who were here on a tour of inspection. A representative of the local newspaper took photographs of the Judo demonstration, one of which was published in the Western Evening Herald. Eric suggests that we delete Dojo and insert sweat-box.

"It was hoped that a team of instructors from the Commandokwai would visit the Budokwai for further instructions in Judo, but, owing to the intense training programme, this is not now possible.

"York clubs, stand by to receive one Captain Sherriff of the East Yorks Regiment who has expressed a desire to join a Judo Club, after having received instructions with us.

"The Commandokwai's first year in existence at Bickleigh was marked by the occasion of a visit by none other than G.K. in person, who made the long and tiring journey from London alone for the purpose of grading eighteen enthusiasts who had undergone a course of instruction in Judo.

"G.K. talked to a large and admiring audience on Judo in general and its advantages, after which followed the grading contests. Records now show that one hundred and eight members have been graded and dispersed both at home and abroad, and it is hoped that they will help further Judo to the best of their ability.

"The highlight of the evening was a demonstration by G.K. on how to effect throws with the correct use of body mechanism, the result of which proved beyond doubt that we here need much more expert tuition, rather than constant practice, during which it seems, we continue to make a great number of mistakes. However, it is

hoped that we shall be able to visit the Budokwai when time permits, so that perhaps our mistakes can be rectified.

"Thank you, G.K. for coming. Without fear or favour, I feel I should add that you have gained the admiration of all in this camp who had the pleasure of making your acquaintance.

"We take this opportunity of extending Christmas Greetings to all Judoka wherever you may be, and in conclusion wish you all a Happy and Progressive New Year." T. R.

EBOR JUDO CLUB.

"Greetings from the Ebor Judo Club, at York. Membership continues to grow apace, and our new dojo is now in use with the whole floor space covered with two thicknesses of rubber-felt, and to those clubs who are having difficulty with mats we recommend that they contact the local aerodromes and obtain these coverings of self-sealing petrol tanks, as we have done—by judicious cutting out of portholes, etc., a space of 8 ft. by 6 ft. can be obtained, and though rather hard, they are resilient and as good as anything we have come across.

"We, too, have our little troubles, mainly owing to the great distance separating us from the Budokwai.

"'Mick' visited London and was graded 6th Kyu, and returned here talking of going into a monastery (he had hoped for Green ! !) We are planning a Display so that we can invite G.K. to York with the proceeds, and the winter programme will include matches with Old Priory Club, Rowntrees (not yet affiliated) and Leeds Club.

"One thing that pleases me in the club is that all members, including the few ladies who practise, are showing a fine spirit, and show signs of becoming Judo addicts—they can't get enough time on the mats. The dojo stewards have a fine task persuading them to go home at the end of the evening.

"Some members very cunningly and flatteringly request these less-junior blokes to demonstrate a move at chucking-out time thus prolonging the session, and giving the Steward a fine feeling of seniority and condescension. May we extend a very hearty welcome to any Judoka who pass this way." PHIL EDWARDS.

GRADING RESULTS

INDIVIDUAL MEMBERS.
29th September, 1948

J. NEWCOMBE	4th KYU

17th September, 1948.

FRITZ HAISYAN	3rd KYU

10th September, 1948.

A. NANDIN	1st DAN
R. SASIA	1st KYU

LEEDS.
30th July, 1948.
(Omitted from Summer School List)

H. GILES	5th KYU

R.A.I. JUDO CLUB.
4th September, 1948

J. D. W. DALLAWAY	1st KYU
W. WOODCOCK	2nd ,,

COVENTRY TECHNICAL COLLEGE JUDO CLUB.
30th October, 1948.

E. P. HIPWELL	4th KYU

JUDOKWAI-BRISTOL.
29th November, 1948.

J. T. FLEMING	3rd KYU.
R. UZZELL	,,

Y.M.C.A. JUDO CLUB, MANCHESTER.
25th September, 1948.

S. WEAVER	3rd KYU
K. MORRIS	3rd ,,
E. GRUNDY	4th ,,
W. SCALON	4th ,,
H. WALKER	5th ,,
H. BLONDON	5th ,,
L. GIBSON	5th ,,
D. POWELL	5th ,,
D. BELL	6th KYU
R. FEARNLEY	6th ,,
A. CLEGG	6th ,,
R. BELL	6th ,,
F. MILLER	6th ,,
D. HINDLE	6th ,,
J. MCLOCHLAN	6th ,,
J. MARTIN	6th ,,
W. PHILIPS	6th ,,

4th December, 1948.

L. GIBSON	4th KYU
A. WOOD	5th ,,
J. CATLOW	6th ,,
R. BELL	6th ,,
F. ARANGLE	6th ,,

SOUTH LONDON JUDO SOCIETY
22nd September, 1948.

A. MOORE	3rd KYU

SOUTH LONDON JUDO SOCIETY—*Cont.*

C. Payne	3rd	Kyu
A. Harrington	3rd	,,
A. Williamson	3rd	,,
C. Riley	3rd	,,
D. Walker	4th	,,
G. Fretwell	4th	,,
G. Bennett	5th	,,
W. Godden	5th	,,
A. Webb	5th	,,
E. Smith	5th	,,
J. Hughes	5th	,,
D. King	5th	,,
P. Casey	5th	,,
R. Banham	5th	,,

COMMANDOKWAI
(Royal Marines, Plymouth).
4th September, 1948.

D. Smith	3rd	Kyu
L. Moore	3rd	,,
F. Potts	4th	,,
F. Long	5th	,,
J. Maple	5th	,,
W. A. Jones	6th	,,

1st October, 1948.

G. H. Maill	4th	Kyu
R. B. Martin	4th	,,
I. T. Swann	4th	,,
A. P. Dowton	4th	,,
R. Sherriff	4th	,,
G. E. Thomas	5th	,,
B. F. Higgins	5th	,,
V. L. Shepherd	5th	,,
K. J. T. Williams	5th	,,
E. Hoccum	5th	,,

22nd October, 1948.

A. Dowton	3rd	Kyu
D. Thurton	4th	,,
V. L. Shepherd	4th	,,
S. Parkes	4th	,,
B. Small	4th	,,
R. Johns	4th	,,
G. Potter	4th	,,
C. Perkins	6th	,,
G. Perkin	6th	,,
A. Lucas	6th	,,
J. Powell	6th	,,
R. Miller	6th	,,
L. Oakley	6th	,,
G. Gill	6th	,,

3rd November, 1948.

W. Grafton	2nd	Kyu
V. L. Shepherd	3rd	,,
W. J. Wood	5th	,,
A. Horner	5th	,,
A. McDonald	5th	,,
A. Pitty	5th	,,
T. Shammans	5th	,,
J. J. Reaves	6th	,,
L. J. Turner	6th	,,
W. Scott	6th	,,
G. T. Trott	6th	,,
A. Williams	6th	,,
G. Williams	6th	,,
P. Sibley	6th	,,
R. Davey	6th	,,
R. Moss	6th	,,

THE SMALL RAIDERS
(Royal Marines Portsmouth.)
27th November, 1948.

J. F. Cotterill	3rd	Kyu
D. W. C. Northcote	4th	,,
W. T. Eadie	4th	,,
H. N. Lock	4th	,,
W. E. Coppick	4th	,,
P. J. Vaughan	4th	,,
A. S. Davidson	5th	,,
J. J. Magee	5th	,,

BUDOKWAI
27th August, 1948.

Peter Rendall	3rd	Kyu

18th September, 1948.

J. Selby	5th	Kyu

16th October, 1948.

D. M. Brancher	5th	Kyu

UNION DES SPORTS DE COMBAT
December, 1948.

R. Jarry	1st	Dan
A. Normand	1st	Kyu

BUDOKWAI
(*13th, 14th & 15th Dec.* 1948)
Ladies Section.

Iris Deinel	3rd	Kyu
Anne Bristow	5th	,,
E. H. Strengulis	5th	,,
Garde Baynton	6th	,,

Fred P. Kauert	3rd	Dan
F. G. Codd	2nd	,,
S. Wright	1st	Kyu
J. Gregory	1st	,,
P. Foster	1st	,,
A. E. A. Doyle	1st	,,
H. Knight	2nd	,,
C. A. Stanley	2nd	,,
E. V. Potten	2nd	,,
A. J. Clouter	3rd	,,
C. Leonard	4th	,,
E. Gold	4th	,,
M. Silver	4th	,,
A. H. Nightingale	4th	,,
D. C. Stirling	4th	,,
A. S. Masters	4th	,,
G. Holdsworth	4th	,,
G. Thomas	4th	,,
A. Waldron	4th	,,
D. Ridler	5th	,,
E. Josey	5th	,,
J. H. Dresler	5th	,,
A. S. Gardiner	5th	,,
A. D. Fisher	5th	,,
D. N. Leader	5th	,,
E. D. Lawrence	5th	,,
J. Kilworth	5th	,,
P. J. Davis	5th	,,
J. A. Scully	5th	,,
A. Mitchell	5th	,,
R. Jackson	5th	,,
B. Feltham	5th	,,
R. A. Weston	5th	,,
A. Burleigh	5th	,,
J. Miller	5th	,,
H. Piper	5th	,,
A. Knowles	5th	,,
L. T. Martin	6th	,,
C. R. Priske	6th	,,
J. B. F. Lake	6th	,,

INDIVIDUAL MEMBER

W. Hislop	4th	Kyu

OSRAM JUDOKWAI

G. Linhart	4th	Kyu
C. F. McGraine	5th	,,
W. Reed	5th	,,

KATHO-RYU JUDO CLUB.

G. Turner	5th	Kyu
P. Foster	6th	,,

KING'S COLLEGE JUDO CLUB.

W. J. Wetenhall	6th	Kyu

LEEDS UNIVERSITY JUDO CLUB.

H. Giles	4th	Kyu

METROPOLITAN POLICE JUDO CLUB.

W. L. Bakewell	2nd	Kyu
D. Carter	3rd	,,
F. Dyson	4th	,,
C. Sissons	5th	,,
J. Hewitson	5th	,,
J. Martin	5th	,,

UNIVERSITY OF LONDON JUDO CLUB.
(Shoreditch Training College)

J. W. Squires	4th	Kyu
A. Isaacs	5th	Kyu
P. Gamgee	6th	,,
R. Doughty	6th	,,
G. Lubowski	6th	,,
A. B. Watson	6th	,,
S. Shaw	6th	,,

WARWICK JUDO CLUB

P. E. Edginton	2nd	Kyu
H. G. Soames	3rd	,,
M. W. Impy	3rd	,,
S. G. Hilton	3rd	,,
D. A. C. Lane	4th	,,
P. Griggs	5th	,,
J. Sullivan	5th	,,
R. W. Hodges	5th	,,
W. A. Griffiths	5th	,,
W. J. Mitchell	6th	,,
D. Shuttleworth	6th	,,
J. Newman	6th	,,
R. Morgan	6th	,,
H. Thomas	6th	,,
J. Clark	6th	,,

IMPERIAL COLLEGE JUDO CLUB.

J. W. Barnes	2nd	Kyu
D. T. Shore	3rd	,,
G. E. Dawson-Grove	3rd	,,
D. L. Aldred	3rd	,,
A. D. Coates	5th	,,
K. Thomas	5th	,,
N. A. Sadler	5th	,,
J. H. Bray	6th	,,
N. V. Smith	6th	,,
N. R. Smith	6th	,,
R. H. Dugdale	6th	,,
J. A. Ward	6th	,,
J. Humphreys	6th	,,
T. Wood	6th	,,
K. R. H. Wooldridge	6th	,,
A. Millet	6th	,,

POLY. JUDO CLUB.

M. J. Gross	6th	Kyu
R. J. Smith	6th	,,
J. Graham	6th	,,
M. S. W. Halzerigg	6th	,,
G. W. Bownay	6th	,,
J. Davis	6th	,,
D. H. Sutton	6th	,,
J. B. Stalker	6th	,,
D. S. Joseph	6th	,,
A. Pinks	6th	,,

SOUTH LONDON JUDO SOCIETY.

F. Booth	1st	Kyu
A. Harrington	2nd	,,
Ian Brown	2nd	,,
W. Blackburn	3rd	,,
B. Clarkson	3rd	,,
G. Fretwell	3rd	,,
T. Brown	3rd	,,
W. Godden	4th	,,
G. Bennett	4th	,,
D. King	4th	,,
M. Kinane	4th	,,
T. Griffiths	4th	,,
S. Hatcher	5th	,,
E. Fennimore	5th	,,
L. Turner	5th	,,
W. Houlton	5th	,,
S. Stonehouse	5th	,,
J. Chester	5th	,,
J. Potter	6th	,,
K. V. Williamson	6th	,,
B. Oliver	6th	,,
C. Allen	6th	,,
A. Vietri	6th	,,
D. Pushee	6th	,,
K. McCormack	6th	,,
P. Robertshaw	6th	,,
M. Longbottom	6th	,,

THE JUDO LEAGUE

By E. N. Dominy (*Hon. Sec., Judo League.*)

The League is now well under way and so far 25 matches have been contested. At this stage, admittedly far too early to form an accurate opinion, the battle for leadership is between the Budokwai and South London.

As expected the general spirit in which the matches have been played has been excellent and already a steady progress, especially by those whose grades are in the middle Kyus, is noticeable. Every team has managed to win at least one match and so far only the Budokwai " B " and " C " and King's College teams have escaped defeat. No team has won every match.

It is hoped to forward correct and up-to-date League tables to each club taking part at the beginning of each month but this depends on all team managers or club secretaries co-operating and forwarding results to the League Secretary either at 49, Wentworth Park, Finchley, N.3 or at the office of the Budokwai. Will all referees please note that half points for a not quite decisive throw are not scored in the League.

At the day we go to press, 5th January, 1949, the League standings are as shown below :

JUDO LEAGUE TABLE.

	Team	Matches Played	Won	Lost	Drawn	Points Scored Against	Points Scored For
1	Budokwai " B "	7	6	0	1	13	34
2	Budokwai " A "	7	5	1	1	7	31
3	South London " B "	7	3	3	1	14	23
4	Budokwai " C "	6	4	0	1	8	22
5	South London " A "	6	3	3	0	17	21
6	Metropolitan Police	8	4	3	1	17	19
7	Warwick	6	1	4	1	24	15
8	Imperial College	7	1	6	0	30	8
9	King's College	4	1	0	3	11	6
10	Osram	7	1	6	0	44	5

It should be noted that League positions are decided by the number of contest points scored with a maximum of 8 for each match. Should contest points be equal the team with the least points scored against them is placed ahead.

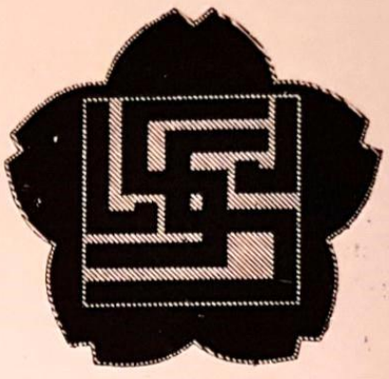
CLUB BADGES

By C. Leonard.

The badges of four famous Judo Clubs are shown on this page.

The Budokwai's badge consists of the two Chinese characters denoting BU (which means martial or military), superimposed on a cherry blossom, the national flower of Japan. Of the two characters composing BU one means "spear" or "fighting"; the other means "stop". They imply that the property of what is martial or military is to stop fighting, not to promote it. White on blue (formerly black on red).

The badge of the *South London Judo Society* shows the Society's initials "S.L.J.S.", again superimposed on a cherry blossom. Black on red.



The badge of the *Judo Club Vienna* seems to be inspired by the Japanese flag. It shows a red rising sun on a white ground with the club's initials "J.C.W." (*Judo Club Wien*) superimposed in black.

The badge of the *New Zealand Judo Club* shows the club's initials combined with the leaf of the silver fern, the national emblem of New Zealand. White on blue.

If the badge of your own club is not shown here send us a drawing of it with an explanation for a future number of the Bulletin.

JUDO AND SCIENCE

By D. Mann.

What is science? Science is essentially a type of thinking. Science differs from art by being less dependent on unconscious inspiration and being entirely non-personal. It differs from Religion in being independent of "revelations" and faith.

It differs from Philosophy in that all speculations are subjected less to the test of abstract reason, and more to the test of physical reality.

It is the process of sustained, directed and ordered thought. All its theories must work out in physical facts, which are tested, checked, measured, weighed and classified.

Science is the latest form of human thought. Although Aristotle gave a start to the scientific method of "classification" both the Ancient and Renaissance Philosophers preferred reasoning, and arguing about their speculations, to the vulgar method of "trying it out". Galileo did adopt such an ungentlemanly method and was later taught better manners by the Inquisition!!

With the exception of Astronomy and Mathematics, all pure sciences are the products of the last two centuries.

Science can be split into two activities; *Analysis*, or splitting up, in which one reduces the objects to classified types, or to component parts, in order to study more fully their composition, and *Synthesis*, which is building up, e.g., the combining of two things to make a third, or the rearrangement of component parts to get a different effect.

By painstaking, objective study of Nature, Man learns to control the powers of nature.

Judo is an applied science, for the Judoka has to learn how to apply the mechanical principles of leverage, balance, counterbalance, and to use the principle of the wheel. To apply joint-locks he must make use of anatomical principles. When he applies strangle-holds, or makes use of breathing control, uses Atemi (blows to nerves) or Katsu (Resuscitation) he is using Physiological knowledge.

The traps, and stratagems employed plus knowledge of instructive re-actions by advanced students, is a modest employment of applied Psychology.

Many Arts employ scientific knowledge (e.g. dyeing, or jewellery) but Judo can be called an applied science because it not only uses scientific knowledge, but embodies the scientific spirit.

Judo can be learned by watching and analysing the various "tricks" into their component parts, mastering these by constant practice and synthesising into the various throws, counters, etc. Movements, when correct, are constantly repeated until they become an automatic reflex.

Every new move, every new idea or theory is checked by experiment on the mat in the same way that the chemist tries out new rheories, new substances, etc., in the test tube.

The scientific method of learning Judo is not the only one. Many people learn it by unconscious imitation as they practise with the instructor and more advanced students. This " unconscious " type of Judoka will often be better at contest work than the scientific, for as his re-actions are completely unconscious he loses no time in taking thought. He will usually learn more quickly in the early stages, but will seldom make a good teacher as he really does not fully understand just what he is doing.

It is not advisable for any novice to decide in advance by which method he will chiefly learn, for it is according to his nature that he will learn better by method A or by method B.

In advanced stages, the Judo man must learn by both methods. Thus the " instinctive " student has to learn to think about his movements, and the " intellectual " has to learn how to use and trust his instincts. Both types are thus considerably benefited by being forced on the " Middle way " by the balancing effect of Judo, the experimental science, which unmistakably shows up any false theories.

PET THROWS

Osotogari (Major-Exterior Reaping)

By E. J. Harrison, 3rd Dan.

I shall not deny that my *amour propre* has received quite a fillip from the knowledge that a member of the Chicago Judo Club, Mr. Bob Smith, has intimated that a description in this series of my own " favourite throw " would give great pleasure to the judoka of two continents. My early Japanese training naturally predisposes me to disclaim with becoming modesty the ability either to describe or to execute any particular *waza* in the prolific judo repertoire ; but sternly resisting this temptation, I shall do my best to comply with the implied request of my esteemed Chicago colleague.

Although strictly speaking, in my distant heyday I had several favourite throws, I have on reflection chosen the *ōsotogari* (major-exterior-reaping), effected from the left natural position (*hidari-shizen-tai*), instead of the more customary right natural position (*migi-shizen-tai*). In theory, of course, the judoka ought to be able to apply the throw equally well on either side, but this after all is a counsel of perfection and in practice nearly every judoka, even among black belts, almost instinctively prefers one side to the other. In my own case choice of the left natural position was dictated by the relatively greater striking power of my left leg as compared with my right.

In the orthodox application of this throw from the left natural position you should contrive to break your opponent's posture towards his left back corner and follow this up by getting as near as possible to his left side. The process of breaking his posture towards his left back corner may be helped by pushing his right shoulder a little with your left hand. It is essential that with

the manipulation of your arms you cause your opponent momentarily to rest his entire weight on his left foot. Your own right foot should be moved to your right a little beyond the line of his left foot or with the inner curve of your right instep almost opposite the toes of his left foot, and your entire weight should be shifted to your right foot. Now raise your left foot a little (in Japanese parlance make it " float "), bend the knee and move the foot as far to your own right as possible; straighten the knee and almost simultaneously sweep the outside of your opponent's left thigh with the outside of your left thigh, while with your right hand grasping his left sleeve near the elbow you draw it sharply downwards and with your left hand grasping his right lapel near his shoulder you pull him strongly towards you, thus appreciably re-inforcing the power of the sweeping movement with your left outer thigh. Be careful not to lift your left elbow more than necessary to achieve this co-ordination, because if you do your opponent may succeed in destroying your balance and even throwing you by thrusting your elbow upwards against the left side of your head with his right palm from below.

I should perhaps confess in conclusion that, scorning orthodoxy, I often brought off a variant of the *ōsotogari* by breaking my opponent's posture towards his left *front* instead of his left *back* corner, and for the rest proceeding as described above.

13TH KYU VISITS THE BUDOKWAI

By MERVYN SUMPTER, Kettering Judo Club.

One of life's ambitions has been realised at last—Judo practice at the Budokwai. A fellow club member and myself, visiting London, decided to " pop in for a practice".

Having arrived, we were issued with an outfit apiece and shown into the lower dojo.

Whilst waiting to go on the mat I got talking to a fellow sitting next to me. He informed me that he'd injured both his ankles whilst practising Judo. Another fellow limped in and cheered me up by saying that he too was convalescing from a twisted ankle. I then began to wonder whether I was in a doctor's surgery by mistake.

Then someone we knew came along and asked a black belt to look after us. Well, I may be wrong, but it seems to me that all the other black belts overheard him, as we were so " well looked after" that we never got more than a few moments peace all the evening.

The biggest mistake I made was when a black belt apologised for throwing me about too hard. I very rashly told him that I didn't mind in the least, as it was good breakfall practice. It was then that the " dojo telepathy service " became active. Everyone I had "a go" with seemed to know that I didn't mind being thrown around. (Not that it would have made any difference if I had.)

After I'd hit the mat for the hundredth time, some words I always use to our new club members flashed through my mind. They

state that "it's a joy to be thrown when the breakfalls are learnt". At the two hundredth fall, I was calling myself a liar.

One black belt I practised with inquired if wood-cutting was my trade. When I told him it wasn't, he promptly told me to stop "Hacking" at his ankle.

My greatest blessing was the little red cup which hangs near the wash basin. It worked overtime with me.

As the evening wore on (and I wore out), another of life's ambitions became a reality: a practice with G.K. It was certainly worth travelling down for.

The kindest action a black belt bestowed on me, was to throw me on my right side, as it gave my limp left arm a brief rest.

At the end of the evening, being what I call "breakfall drunk", I couldn't tell which throw I was going down from.

When I saw my mate's red neck and shoulders afterwards, I hadn't the heart to ask him if it was sunburn.

Visited the Budokwai again next day. Couldn't practise though, as I needed a new left arm. On observing no black belts around, I inquired if they were all "locked up" on a charge of causing bodily harm. A little while later, they all came in with big smiles. (I now know only too well what they've got to smile about.)

Seriously though, I thoroughly enjoyed my visit, and appreciated the valuable instruction I received, and shall be pleased to see any black belt up at the club here.

If anyone else contemplates a visit to the Budokwai, my advice is—*learn the breakfalls first.* (It's too late to learn them later.)

HOW TO DEAL WITH WRESTLERS

By C. GRANT.

A question like this can obviously only be broadly touched upon in this particular article, especially as the answer involves technique of throws, holds, locks, manœuvres, etc.

Consequently we will deal with the general aspect of Judo as opposed to the most common stance of the wrestler.

GENERAL ADVICE.

The methods used against the wrestler do not vary considerably from those of the Judoka practising with another Judoka, for styles are varied and sometimes not far from the general posture of the wrestler. Therefore one of the most important things is to assess your opponent's stance and act accordingly. If this approach is borne in mind with every practice contest, the skill in "weighing up" an opponent will improve considerably.

There can be no firm rule as to tactics, for it depends on different persons' reactions to different circumstances.

The less skill used by both opponents, the greater the effect of superior strength, height, weight.

Comparative experience of opponents should be taken into consideration. The Judoka should be physically relaxed but mentally alert (but without the mind consciously concentrating on this).

The effect of this gives the relaxed person the advantage of "feeling" an attack more quickly.

The Judo principle against superior strength is to "Act in direction of the opponent's weakness or effort". By weakness is meant the tendency (if any) of the opponent's balance to be unstable (see Twelve Judo Throws, Tsukuri). Example: If the opponent pushes, instead of the Judoka resisting, he should "pull" him in Judo fashion at the strength and speed of his (wrestler's) push in the direction the wrestler is pushing. His apparent strength then becomes his weakness. The same principle is applied when the opponent pulls (but remember to push in Judo fashion and not with the arms alone).

THE CROUCHED DEFENSIVE POSTURE WITH OPPONENT'S WEIGHT MAINLY ON HIS HEELS.

Attack with appropriate Tsukuri in direction of the bulk of his weight (in this case downwards towards his heels) and apply Ouchi-gari, Kouchi-gari, Side Dash, or any throw that aims at his "weakness" applying same principle as above.

THE CROUCHED POSTURE LEANING SLIGHTLY FORWARD.

Apply appropriate Tsukuri or push as a feint to bring a resistance against the push which will be opening for Tomoenage, Seoinage, Tai-otoshi.

THE STIFF ARM OR ARMS.

If the opponent uses only one stiff arm in a push, say with his right arm approximately at your left front, instead of moving your legs, turn your body (making an axis of your own right leg,) away from his right arm push evading his right arm, at the same time "helping him on his way" with the usual principle, which should bring your two bodies close together with his in the weaker position leaving him open for an attack by various hip throws, O'goshi, etc.

If he pushes with both arms, apply Tomoenage using usual principle.

If he pulls with both arms apply Osoto-gari. The getting inside or evading of the stiff arm tactics can be helped by the use of one's own arms.

GROUND WORK AND LOCKS.

Again broadly speaking the principle is the same. Instead of trying to move a heavy opponent, just try and move your own body. Many holds and locks have already been dealt with in the Judo Bulletin. When one is fairly experienced the element of speed is very important. The Judoka should be wary of surprise tactics at speed, or with which he is unfamiliar.

An explanation of the technique of the various throws mentioned above is to be found in the previous issues of the Bulletin or "Twelve Judo Throws".

KIME-NO-KATA

(Continued from the last Bulletin.)

4. SECOND DAGGER ATTACK BY B.

B slowly and cautiously releases A and takes a step or two back. In doing so B changes the dagger to his right hand, pointing it forward, then drawing it back, prepares to stab A upward. When

FIG. 1.

FIG. 2.

A is ready, B strikes out. In delivering this blow, to avoid accident, B should be careful not to swing his weapon too high or turn the point of the dagger upward. A brings his left wrist sharply on the opponent's right forearm to stop its upward movement and moves his hips backwards and bends his body forward, in order to get himself further away from the point of the dagger. At the same time A, applying his right hand to the back of B's head, pulls him forward to unbalance him (Fig. 1). At this stage, A can deliver a blow to B's face with his right knee. But in the demonstration, A, pushing B's right arm backward with the back of his left hand, advances his left foot and, pivoting on its toes, turns his body to his right, describing a semi-circle with his right foot. As he does so, he bends B's right arm back by passing his own left hand under B's forearm to the back of B's right upper arm, and locks it by the bending action of his left wrist. Holding thus, A disarms B with a wrist lock (Fig. 2).

5. GRIP ON THE WRISTS BY A.

A throws away the dagger and as B straightens himself grips B's wrists, one in each hand, and trys to hold them at the sides of B's body. Then B opens his arms sideways and draws back his left foot, drawing A forward and weakening his balance (Fig. 3). Following this movement, B instantly turns his wrists inwards and upwards, drawing his left foot forward to release his wrists from the grips. Continuing the upward movement, B applies his released hands, the right to A's left shoulder, left to A's right arm, and throws A with OSOTO-GARI or leg throw.

FIG. 3.

FIG. 4.

FIG. 5.

FIG. 6.

6. BELT AND CHIN PUSH BY B.

B watches cautiously as A raises himself from the ground. B then suddenly grips A's belt in the front with his left hand and pulls it forward, at the same time with his right hand pushes A's chin upwards, reducing A to a helpless condition, the body bent back and unbalanced. (Fig. 4.)

A grips B's right wrist with his left hand, the palm turned upward, and pushes B's arm upwards, slightly drawing him forward, to remove the hand from the chin. At the same time, turning his body to the left, applies his right hand to B's right shoulder. Continuing the turning movement, A curves his body forward, raising his arms over his head and balances himself on his left leg. This will weaken B's balance to his right back. Taking this advantage, A throws B by sweeping B's right leg, which is in advance, with his own right leg. (Fig. 5.)

7. BLOW ON CHIN BY A.

As B slowly rises, A delivers a blow with his right fist, aiming at the left side of B's jaw. B, moving his head back, lets A's fist pass him and bends up his right arm to catch A's right wrist with his own wrist (the contact should be made at the inside of the wrists). At the same time, B brings down his left arm over A's upper arm, pressing A's elbow against his chest. This forms a powerful arm lock. The lock is enforced by expanding the chest, but B should be very careful not to overdo it, for the elbow joint can easily be dislocated in this manner. (Fig. 6.)

8. UPPER CUT BY B.

Releasing A from the arm lock, B delivers an upper cut with his right fist at A. A, avoiding the blow by bending back his head, grips B's fist or wrist with both his hands and lifts it over his head, straightening the arms (Fig. 7). Retaining his contact and drawing B with him, A turns his body to his left and drops on his left knee. B then will be thrown in the manner of UKIOTOSHI.

(*To be continued.*) G.K.

FIG. 7.

QUESTIONS AND ANSWERS

Question : Could you publish a detailed description of all the standardised katas ?

Answer: We hope to do so in time. Some have already appeared. Ju-no-kata (formalised attack or defence) is described in Vol. II, Nos. 2, 3, 4, and Vol. III, No. 1. Nage-no-kata (the Fifteen Formal Throws) in Vol. III, Nos. 2, 3, 4 and Vol. IV, Nos. 1 and 2, while Kime-no-kata (self-defence) started in Vol. IV, No. 3 and is continued in the present number. Later we hope to describe Katame-no-kata (locks and holds) and Go-no-seno-kata (throws and counter throws). This leaves Itsutsu-no-kata symbolising natural forces which probably depends too much on the power of expression of the individual performer to be successfully described in this way.

Question : What is the best defence against attacks by a physical type which is extremely strong in the upper part of the body but weaker from the waist downwards ?

Answer : It is impossible to give precise instructions by correspondence but you should keep in mind the principle of balance. The type you describe is not difficult to unbalance and once the balance is broken you should have him under your control and be able to apply a variety of throws. Therefore, if he strikes out at you, draw him forward as you parry : if he pulls you, push him back.

Question: What throws must not be practised on an opponent below 1st Kyu.

Answer : Yokosutemi (side body throw) and Tomoenage (stomach throw), which can both be really dangerous to anyone who cannot do the rolling breakfall.

Question : What can you do with the beginner who stiffens his arms and resists, yet cannot take a stomach throw or side body throw ?

Answer : One way is to hold both his elbows and pull them, so that his hands are pressed firmly against your chest and the two bodies are locked together as one mass. Keeping this state, move your right or left foot slightly backwards and sideways, drawing the mass with you. He will then not be able to resist against your ankle throw or knee wheel.

The second method is to push his right arm upward by the elbow and sink your left hip. This will give you an opening for a hip throw.

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